

by Deva Hardeep Singh | Dharma Seeds Yoga Press© | 29 June 2023 |

### Don't let the mid-journey blahs derail your progress

“Who turned the train towards this outdated track,” asked the coal shovel attendant. “Why this is normal for me,” replied Casey Jones, the engineer.

If you're not a Grateful Dead fan, you might not understand the reference. But for those who have experienced trauma or borderline personality disorder, the feeling is familiar. We cling to our "warm comfort" blanket of never changing, because change can be frightening and anxiety-provoking.

This is especially true around the 2-week mark of a new project or routine. This is when the novelty wears off and the real work begins. But it's also when our brains are most receptive to change. Psychologists say that if we can stick to a new routine for 14 days, we can start to build neural pathways in our brains that will make it easier to maintain the habit in the long term.

**So if you're feeling stuck or anxious about making a change, remember that you're not alone. And remember that the hardest part is often the first two weeks. Once you get past that, it gets easier.**





Watercolor painting of an old, out of use railway track. by [Marian Voicu](#)

For me, I find that it is easy to “self-shit” upon myself on even starting a new self-care routine, when met with normal life obstacles. This scenario plays out like a return black and white tv show.

**Giving up now would mean giving up on the freedom I seek. The everyday challenges of life are the perfect time to try out the spiritual practices in my toolbox. Where are my affirmations? My yoga poses? My 20-minute silent meditation? These tools are meant to be used when life’s obstacles show up, even when I’m feeling good.**

# Why we self-sabotage our efforts of self-care when met with obstacles:

## Introduction

Self-care is essential for our physical and mental health. It is the practice of taking steps to nurture and protect ourselves, both physically and emotionally. Self-care can include things like eating healthy foods, getting enough sleep, exercising regularly, and engaging in activities that we enjoy.

However, even when we know that self-care is important, we often find ourselves self-sabotaging our efforts. We may make excuses for not taking care of ourselves, or we may simply give up when we encounter obstacles.

## Why do we self-sabotage?

# There are many reasons why we self-sabotage. Some of the most common reasons include:

- **Fear of failure.** We may be afraid that we will not be able to stick to our self-care routine, so we give up before we even start.
- **Low self-esteem.** We may not believe that we deserve to take care of ourselves, so we sabotage our efforts.
- **Past trauma.** If we have experienced trauma in the past, we may be afraid to take care of ourselves because we associate self-care with pain.
- **Addiction.** If we are struggling with addiction, we may use self-sabotage as a way to cope with our addiction.
- **Negative beliefs.** We may have negative beliefs about ourselves or our ability to take care of ourselves, which can lead to self-sabotage.



# ways i self sabotage



## How to overcome self-sabotage

If you are struggling with self-sabotage, there are things you can do to overcome it. Here are a few tips:

- **Identify your triggers.** What are the things that make you most likely to self-sabotage? Once you know your triggers, you can start to develop strategies for dealing with them.
- **Challenge your negative beliefs.** If you have negative beliefs about yourself or your ability to take care of yourself, challenge them. Ask yourself if there is any evidence to support these beliefs.

- **Set realistic goals.** Don't try to do too much too soon. Start with small, achievable goals, and gradually increase your commitment to self-care.
- **Find a support system.** Having people who support your self-care efforts can make a big difference. Find a friend, family member, therapist, or support group who can help you stay on track.
- **Be patient.** It takes time and effort to overcome self-sabotage. Be patient with yourself, and don't give up.

## Conclusion

Self-sabotage is a common problem, but it is one that can be overcome. By identifying your triggers, challenging your negative beliefs, setting realistic goals, finding a support system, and being patient, you can overcome self-sabotage and start taking care of yourself the way you deserve.

**In addition to the tips above, here are some other things you can do to overcome self-sabotage:**

- **Practice self-compassion.** Be kind to yourself and forgive yourself for your mistakes.
- **Focus on the positive.** Pay attention to the things you are doing well, and celebrate your accomplishments.
- **Take breaks.** Don't try to do too much at once. Take breaks throughout the day to relax and recharge.
- **Reward yourself.** When you reach a goal, reward yourself with something you enjoy.

**Remember, self-care is an ongoing journey. There will be ups and downs, but if you keep at it, you will eventually reach your goals.**

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## How to practice self-compassion in our own self-care routine:

## Introduction

Self-compassion is the practice of being kind and understanding towards oneself, even in difficult times. It is about accepting our mistakes and shortcomings without judgment, and treating ourselves with the same kindness and compassion that we would treat a friend.

Self-compassion is an important part of self-care. When we practice self-compassion, we are more likely to take care of our physical and mental health, and we are more likely to cope with stress and difficult emotions in a healthy way.

# How to practice self-compassion

**There are many ways to practice self-compassion. Here are a few tips:**

- **Be kind to yourself.** Talk to yourself the way you would talk to a friend. Be patient, understanding, and forgiving.
- **Accept your mistakes.** Everyone makes mistakes. Don't beat yourself up when you make a mistake. Just learn from it and move on.
- **Be mindful of your thoughts and feelings.** Notice when you are being self-critical or judgmental. Try to replace these thoughts with more compassionate ones.
- **Focus on your strengths.** Everyone has strengths and weaknesses. Focus on your strengths and what you are good at.
- **Do things that make you happy.** Take some time for yourself each day to do something that you enjoy. This could be reading, taking a bath, listening to music, or spending time in nature.
- **Connect with others.** Having supportive relationships is important for self-compassion. Spend time with people who make you feel good about yourself.







## Self-compassion in self-care routine

Self-compassion can be incorporated into our self-care routine in many ways. Here are a few ideas:

- **Make time for self-reflection.** Take some time each day to reflect on your thoughts and feelings. Notice how you are treating yourself. Are you being kind and compassionate? Or are you being self-critical and judgmental?
- **Set realistic goals.** Don't try to do too much too soon. Start with small, achievable goals, and gradually increase your commitment to self-care.

- **Reward yourself for your efforts.** When you reach a goal, reward yourself with something you enjoy. This will help you to stay motivated and on track.
- **Be patient with yourself.** It takes time and effort to develop self-compassion. Don't get discouraged if you don't see results immediately. Just keep practicing, and you will eventually get there.

## Conclusion

Self-compassion is an important part of self-care. When we practice self-compassion, we are more likely to take care of our physical and mental health, and we are more likely to cope with stress and difficult emotions in a healthy way. There are many ways to practice self-compassion, and the most important thing is to find what works for you. So start practicing self-compassion today, and see how it can improve your life.

## In addition to the tips above, here are some other things you can do to practice self-compassion in your self-care routine:

- **Take a warm bath or shower.**
- **Listen to calming music.**
- **Read a book or magazine.**
- **Meditate or do yoga.**
- **Spend time in nature.**
- **Get a massage.**
- **Do something creative.**
- **Spend time with loved ones.**

**Remember, self-compassion is not about being perfect. It's about being kind to yourself, even when you make mistakes. So be gentle with yourself, and**



**give yourself the care and compassion that you deserve.**

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# How to practice rewarding ourselves in our own self-care routine:

## Introduction

Rewarding ourselves is an important part of self-care. It helps us to stay motivated and on track, and it also helps us to feel good about ourselves. When we reward ourselves for our efforts, we are essentially telling ourselves that we are worth it.

**There are many ways to reward ourselves. Here are a few tips:**

- **Do something we enjoy.** This could be anything from watching our favorite movie to going out to eat.
- **Buy ourselves something small.** This could be a new book, a piece of jewelry, or a scented candle.
- **Spend time with loved ones.** This is a great way to connect with the people who matter most to us.
- **Do something for ourselves that we wouldn't normally do.** This could be taking a dance class, going for a hike, or getting a massage.

## Rewarding ourselves in our self-care routine

Rewarding ourselves can be incorporated into our self-care routine in many ways. Here are a few ideas:

- **Set goals for ourselves.** When we reach a goal, we can reward ourselves with something we enjoy.

- **Track our progress.** When we see how far we have come, it can motivate us to keep going.
- **Make a list of things we enjoy.** This will make it easier to choose rewards that we will actually appreciate.
- **Be creative with our rewards.** There are no rules when it comes to rewarding ourselves. We can get creative and find rewards that are unique to us.

## The importance of rewarding ourselves

Rewarding ourselves is important for several reasons. First, it helps us to stay motivated and on track with our self-care goals. When we know that we are going to be rewarded for our efforts, we are more likely to stick with our self-care routine.

Second, rewarding ourselves helps us to feel good about ourselves. When we reward ourselves for our accomplishments, we are essentially telling ourselves that we are worth it. This can boost our self-esteem and make us feel more confident.

Finally, rewarding ourselves can help us to enjoy our self-care routine more. When we know that we are going to be rewarded for taking care of ourselves, we are more likely to look forward to our self-care activities.

## How to choose the right rewards

When choosing rewards, it is important to choose things that we will actually enjoy. If we choose rewards that we don't care about, we are less likely to be motivated to reach our goals.

It is also important to choose rewards that are appropriate for our self-care goals. For example, if our goal is to eat healthier, we might reward ourselves with a new cookbook or a healthy meal at our favorite restaurant.



Finally, it is important to be creative with our rewards. There are no rules when it comes to rewarding ourselves. We can get creative and find rewards that are unique to us.

## Conclusion

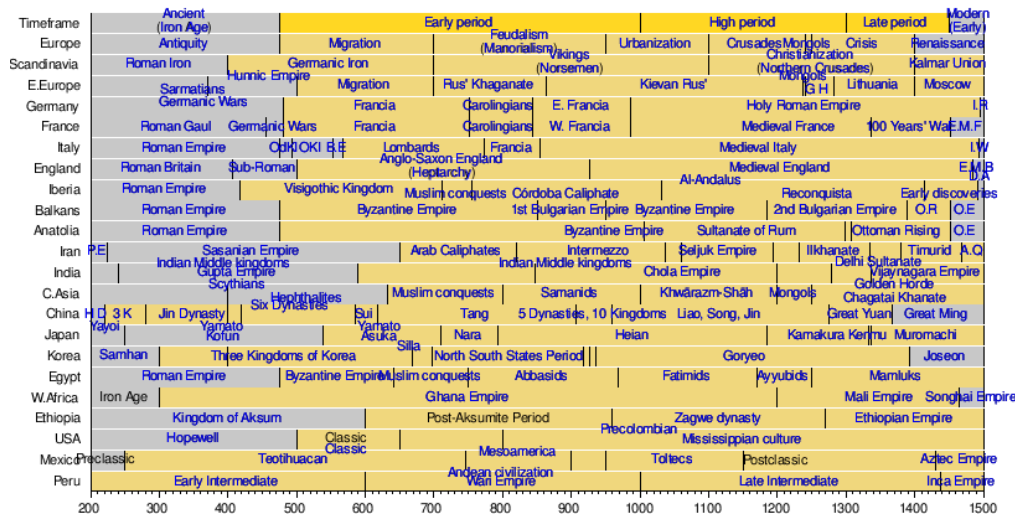
Rewarding ourselves is an important part of self-care. It helps us to stay motivated and on track, and it also helps us to feel good about ourselves. When we reward ourselves for our efforts, we are essentially telling ourselves that we are worth it.

There are many ways to reward ourselves. The most important thing is to find things that we will actually enjoy. And, if we are creative, we can find rewards that are unique to us. So next time we reach a self-care goal, be sure to reward ourselves!

**In addition to the tips above, here are some other things to keep in mind when rewarding ourselves:**

- **Make sure the rewards are aligned with our values.** If we value health and wellness, for example, we might reward ourselves with a new yoga mat or a healthy meal delivery service.
- **Avoid using rewards as a replacement for self-care.** Rewards should be used to celebrate our accomplishments, not as a way to avoid taking care of ourselves.
- **Don't be afraid to ask for help.** If we're struggling to come up with rewards that we'll actually enjoy, we can ask friends, family, or a therapist for suggestions.

**Remember, rewarding ourselves is a way to show ourselves that we're worth it. So next time we reach a self-care goal, be sure to give ourselves a pat on the back (and maybe even a little treat)!**



[https://en.wikipedia.org/wiki/Timeline\\_of\\_post-classical\\_history](https://en.wikipedia.org/wiki/Timeline_of_post-classical_history)

The Mahayana meditation technique I was taught in the early 1990s is almost 3,000 years old. It is the best form of mental cessation I have ever learned. However, my mentor said that when your spiritual routine becomes too rigid, it is time to take a break from it. This is why yoga practitioners use the body scan method to check in with themselves.

## Here are 25 mindfulness options for taking a break:

1. **Take a few deep breaths.** This is a simple but effective way to calm down and center yourself.
2. **Listen to calming music.** This can help you to relax and de-stress.
3. **Meditate or do yoga.** These practices can help you to focus on the present moment and let go of stress.
4. **Spend time in nature.** Being in nature can help you to feel grounded and connected.
5. **Take a walk or a hike.** This is a great way to get some exercise and clear your head.
6. **Read a book or magazine.** This can help you to escape from the stresses of everyday life.



7. **Watch a funny movie or TV show.** This can help you to relax and laugh.
  8. **Spend time with loved ones.** Connecting with loved ones can help you to feel supported and loved.
  9. **Do something creative.** This can help you to express yourself and let go of stress.
  10. **Take a hot bath or shower.** This can help you to relax and unwind.
  11. **Get a massage.** This is a great way to relieve tension and stress.
  12. **Do some gentle stretching.** This can help you to feel more relaxed and flexible.
  13. **Listen to a guided meditation.** This can help you to focus on the present moment and let go of stress.
  14. **Practice gratitude.** Taking some time to appreciate the good things in your life can help you to feel more positive and relaxed.
  15. **Journal about your thoughts and feelings.** This can help you to process your emotions and gain some clarity.
  16. **Do something that makes you laugh.** Laughter is a great way to relieve stress and improve your mood.
  17. **Take a nap.** This can help you to recharge and feel refreshed.
  18. **Do something that you enjoy.** This could be anything from reading to playing a game to spending time with your pet.
  19. **Take some time for yourself.** This could mean going for a walk, taking a bath, or just sitting in silence.
  20. **Be kind to yourself.** This means accepting yourself for who you are and treating yourself with compassion.
  21. **Give yourself permission to relax.** You don't have to be productive all the time.
  22. **Don't be afraid to ask for help.** If you're feeling overwhelmed, don't be afraid to ask a friend, family member, or therapist for help.
  23. **Remember, you're not alone.** Everyone feels stressed sometimes.
  24. **Be patient with yourself.** It takes time to learn how to relax and de-stress.
  25. **Enjoy the break!** You deserve it.
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# Pre-Caution

While engaging in any **yoga activities**, always remember:

- **Listen to your body.** Don't push yourself too hard, and be sure to **modify poses as needed**.
- **Use props to help you.** Props can be a great way to **make poses more accessible** and to reduce the risk of injury.
- **Take breaks.** If you're feeling tired or sore, take a break from your practice.
- **Don't be afraid to ask for help.** If you're not sure how to modify a pose or if you have any concerns, ask your instructor for help.

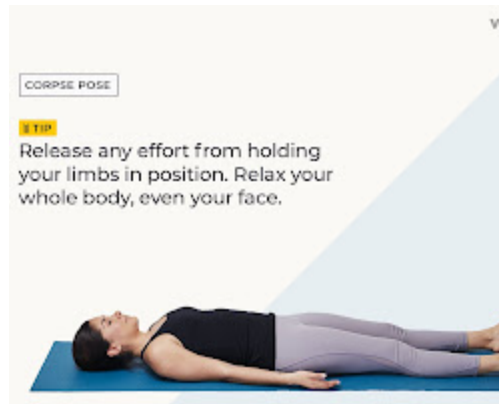
**Always listen to your body and modify poses as needed.** Also review on our [website](#), our guidance on using Yoga for mental health purposes.

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## Yoga

**Here are 4 esoteric Raja yoga asanas that are good to stop self-sabotage actions:**

- **Savasana:** This is a resting pose that can help to calm the mind and body. It is a great way to relax and de-stress, which can help to reduce self-sabotaging tendencies. [Verywell Fit](#) Savasana yoga asana



<https://www.doyou.com/10-must-know-savasana-variations/>

- **Padmasana:** This is a seated pose that is said to promote concentration and focus. It can help to clear the mind and make it easier to resist self-sabotaging thoughts and behaviors. [PharmEasy](#) Padmasana yoga asana





## How to do Padmasana and its Variations



- **Dandasana:** This is a sitting pose that is said to promote strength and stability. It can help to build confidence and self-esteem, which can make it less likely to self-sabotage. [WorkoutLabs](#) Dandasana yoga asana

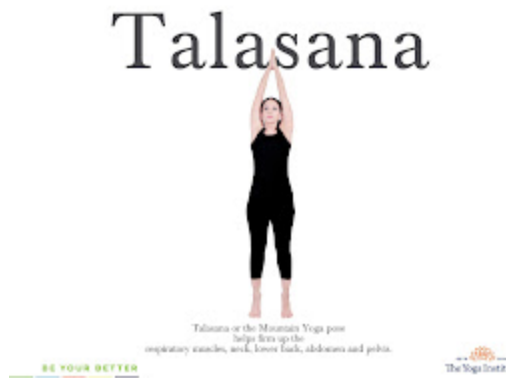
Yoga Sequence Builder

© Tummee.com



### Variations

- **Talasana:** This is a balancing pose that is said to promote focus and determination. It can help to develop the ability to stay on track and resist giving up, even in the face of challenges. [The Yoga Institute](#) Talasana yoga asana



<https://theyogainstitute.org/talasana-the-palm-tree-posture/>

**It is important to note that these are just a few examples of esoteric Raja yoga asanas that can be helpful for stopping self-sabotage.** The best asanas for you will depend on your individual needs and preferences. It is also important to practice these asanas under the guidance of a qualified instructor.

### Experiential Ending

Lie down or sit up comfortably with your palms facing up on your lap. Imagine that you are holding your self-sabotaging feelings cupped in your hands. Look at your hands and see your feelings there.

Say to your feelings, “I love you. I honor you. I let you be. But for now, I need to set you aside for self-care purposes.”

Hold this thought in your mind’s eye for as long as you need. When you are ready, open your eyes.

Here are some additional things to keep in mind when doing this exercise:

- **Be gentle with yourself.** This is a powerful exercise, so it is important to be gentle with yourself. If you feel any resistance, that is okay. Just take a few deep breaths and continue.
- **Be present.** As you are holding your feelings in your hands, try to be present with them. Notice what they feel like, what they look like, and what they smell like.
- **Be open to letting go.** When you are ready, let go of your feelings. You can imagine them floating away or dissolving into the air.

## Here are some additional tips for stopping self-sabotage:

- **Identify your triggers:** What are the things that typically trigger your self-sabotaging behaviors? Once you know your triggers, you can start to develop strategies for coping with them in a healthy way.
- **Challenge your negative thoughts:** When you start to have negative thoughts about yourself or your abilities, challenge them. Ask yourself if there is any evidence to support these thoughts.
- **Focus on your strengths:** Everyone has strengths. Focus on your strengths and what you are good at. This will help you to build confidence and self-esteem, which can make it less likely to self-sabotage.



- **Set realistic goals:** Don't set yourself up for failure by setting unrealistic goals. Set small, achievable goals that you can gradually work towards.
- **Be patient with yourself:** It takes time to change your patterns of self-sabotage. Be patient with yourself and don't give up.

If you are struggling with self-sabotage, it is important to seek professional help. A therapist can help you to identify your triggers, challenge your negative thoughts, and develop healthy coping mechanisms.

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## Research

### Here are 4 academic and scientific articles on using mindfulness techniques to subdue self-sabotage techniques:

- **“The Effects of Mindfulness Meditation on Self-Sabotage”** by Christopher Germer, Ronald Siegel, and Paul Fulton (2013). This article reviews the research on the effects of mindfulness meditation on self-sabotage. The authors conclude that mindfulness meditation can help to reduce self-sabotage by increasing self-awareness, reducing negative thoughts, and promoting acceptance. [ProKensho](#) Effects of Mindfulness Meditation on Self-Sabotage article
- **“Mindfulness-Based Interventions for Self-Sabotage”** by Rebecca Crane and Christopher Germer (2015). This article provides an overview of mindfulness-based interventions for self-sabotage. The authors discuss the different types of mindfulness-based interventions, the mechanisms by which they work, and the evidence for their effectiveness. [Amazon.com](#) Mindfulness-Based Interventions for Self-Sabotage article
- **“The Role of Mindfulness in Overcoming Self-Sabotage”** by Lindsay G. Cushen and James D. Ford (2017). This article examines the role of

mindfulness in overcoming self-sabotage. The authors discuss the relationship between mindfulness and self-awareness, negative thoughts, and self-compassion. They also discuss the evidence for the effectiveness of mindfulness-based interventions for self-sabotage. [ProKensho](#) Role of Mindfulness in Overcoming Self-Sabotage article

- **“Mindfulness as a Treatment for Self-Sabotage”** by Christopher Germer and Kristin Neff (2018). This article provides an overview of the use of mindfulness as a treatment for self-sabotage. The authors discuss the different ways in which mindfulness can be used to reduce self-sabotage, and they provide practical exercises that readers can use to develop their mindfulness skills. [Amazon.com](#) Mindfulness as a Treatment for Self-Sabotage article
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## Resources

# BODY SCAN MEDITATION

1

Sit in a comfortable chair in a dimly lit room.

2

Imagine the outline of your body and slowly trace it in your head.

3

Observe the amount of pressure you're feeling against the chair.

4

Where there is more pressure and where there is less. Be mindful.

5

Start with your head. Work down to your feet. Then back up the other side of your body.

6

Take about five minutes for this exercise.

- **PTSD resources**
- **Call the National Suicide Prevention Lifeline at 1-800-273-8255.** This is a free and confidential service that is available 24 hours a day, 7 days a week.
- **Call the National Suicide Prevention Lifeline at 1-800-273-8255.** This is a free and confidential service that is available 24 hours a day, 7 days a week.
- **The National Center for PTSD:** <https://www.ptsd.va.gov/>
- **The Rape, Abuse & Incest National Network (RAINN):** <https://www.rainn.org/>
- **The National Alliance on Mental Illness (NAMI):** <https://www.nami.org/>



- The American Psychological Association: <https://www.apa.org/>

- Prison Yoga Project – 200hr Yoga Teachers

Training: <https://community.prisonyoga.org/courses/yoga-social-justice-and-leadership-a-200-hour-yoga-teacher-training/>

- In The Rooms (web based 12-STEP rooms)

<https://www.intherooms.com/home/>

You can also find a therapist in your area by visiting the Psychology Today therapist directory: <https://www.psychologytoday.com/us/therapists>

Sign up for our newsletter: <http://eepurl.com/hQlZgI>

Dharma Seeds Press bookstore: <https://www.lulu.com/spotlight/dharma-seeds-yoga-press/>

[Deva's BoHo Shoppe](#)

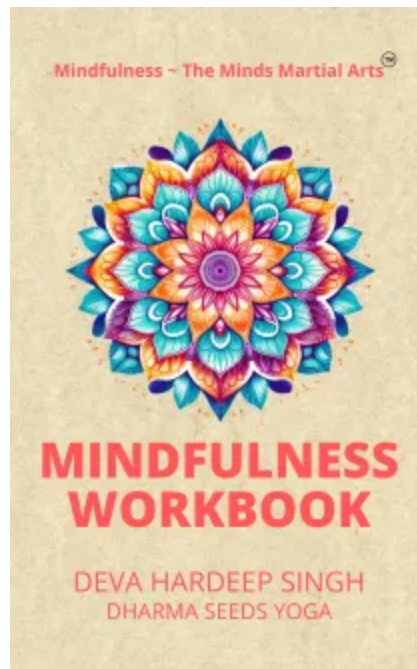
Dharma Seeds Yoga [brochure](#)

## Join our Engage Mindfulness™ Minds Martial Artist™ program FREE



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email: [dharmaseedsyoga@gmail.com](mailto:dharmaseedsyoga@gmail.com)

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## NOW FOR SALE

Mindfulness is the practice of paying attention to the present moment, without judgment. It is a way of training the mind to focus and to be aware of our thoughts, feelings, and sensations. Meditation is a form of mindfulness that involves sitting quietly and focusing on the breath.

The Mind's Martial Arts is a mindfulness workbook that can help you to learn the basics of mindfulness and meditation. The workbook is divided into three sections:

- The first section introduces the basics of mindfulness, such as what mindfulness is, why it is beneficial, and how to get started.
- The second section provides a variety of mindfulness exercises, including guided meditations, breathing exercises, and body scans.
- The third section provides tips for integrating mindfulness into your daily life.

The Mind's Martial Arts is a comprehensive and easy-to-follow guide to mindfulness. It is a great resource for anyone who is interested in learning how to be more mindful.

Mindfulness is a skill that can be learned and practiced.

Mindfulness is a powerful tool that can help you to live a happier, healthier, and more fulfilling life. With regular practice, you can learn to control your thoughts and emotions, improve your focus, and increase your happiness.

### The Mind's Martial Arts™ Chapter 1



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Mar 2023 at families 100+year Indigenous homestead.

**Deva Hardeep Singh** (he/him; neurodivergent, gay, ability injured, post-traumatic stress injury, borderline personality injury) is an Oklahoman, a Yuchi Indian, enrolled in the Muscogee Nation, and studied radio/TV/film in college. He's worked as an on-air personality, author, poet, artist, administrative assistant, petroleum landman, barista, staff writer, paralegal, concert promoter, music artist manager, content producer, and graphic designer. He spent 6 months as a National Data Team volunteer for the Bernie Sanders for President campaign. He is a freelance journalist with International papers and magazines with a social justice focus. Recently was able to join the Hulu/FX Series **Reservation Dogs**, as an extra (Seasons 2 & 3) He's been a meditator for over 30 years (Buddhist, Chan, Zen), teaches meditation, and provides yoga instruction, and a Reiki III Master.

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